ABSTRACT:

Haemorrhoids are uncomfortable, very common during pregnancy due to various causes. The haemorrhoidal plexus get dilated and inflamed resulting in formation of haemorrhoids. If not treated at proper time may cause bleeding and protrusion of the haemorrhoids. In such a condition, surgical and parasurgical procedures have limitations and use of internally ushna and tikshna kalpas are contraindicated in Garbhini.

Keeping in view these problems BILVA_Patra Kwath Avagahan sweda karma in Charak Chikitsa sthana - 14/47 was selected to evaluate the effect of Avaghan sweda karma in relieving the signs and symptoms of haemorrhoids. Bilva patra kwath sitz bath was given to the GARBHINI patient suffering from haemorrhoids.

Present study has been done on 10 patients and an effort has been made to derive safe, easy accessible treatment in pregnancy. A BILVA patra kwath Avaghan sweda, which has proven Anti-inflammatory property relieves venous congestion, relieves spasm of internal sphincter muscles. Assessment done on the basis of criteria, resulting into PR bleeding and significant reduction in size of piles mass without any untoward side effect in pregnancy.

KEYWORD: Haemorrhoids, BILVA Patra Avagahn, Anti-inflammatory,safe

Cite this article:
"A clinical study of ‘bilva patra kwath avaghan sweda’ in the management of arsha in garbhini with special reference to 1st And 2nd-degree internal hemorrhoids."
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INTRODUCTION: Pregnancy is such a delicate condition that Acharya Charka has compared it with handling an open container full of oil so that oil should not spill out. Haemorrhoids are common during such a delicate condition of pregnancy because of following reasons.

The growing uterus puts pressure on the pelvic veins and inferior vena cava, which can slow the return of blood from the lower half of the body and increases the pressure on the veins which causes them to dilate or swell. Also increased progesterone hormone during pregnancy causes vein walls to relax and swell more easily. Progesterone also contributes to constipation by slowing down the intestinal tract. Constipation may also be a cause which aggravates haemorrhoids due to straining.

In pregnancy, surgical and para-surgical procedures have limitations and use of internally ushna and tikshna kalpas are contraindicated which can be harmful for life of foetus and mother as well as growth and normal development of the foetus. In Ayurveda, Avagah sweda is the procedure to sit in warm water for a short period of time which promotes healing, ease discomfort by encouraging blood flow to the rectal area, decrease pain due to hot fomentation and relaxes the anal sphincter.

Bilva Patra Kwath is used for Avagah sweda. Bilva is included in Shothhar² and Arshohar Mahakashay² by Acharya Charak. Bilva leaves have Anti-inflammatory⁷ and Analgesic properties and is proved in many recent studies. Also Acharya Charak has mentioned Bilva Patra kwath Avgahan in Asrhorog chiktsa adhyay.

In present study, on 10 pregnant patients suffering from Haemorrhoids, Bilva Patra Avgah Sweda was given as a safe, easy accessible method which does not cause any harm to mother and her fetus. Combined properties of Bilva Patra kwath and sitz bath which has proven anti-inflammatory & analgesic properties (¹,²,³), relieves venous congestion, relaxes spasm of internal sphincter muscles. Assessment done on the basis of criteria, resulting into bleeding per anus and significant reduction in size of piles mass without any untoward side effect in pregnancy.

AIMS & OBJECTIVES

1) To study the clinical effect of Bilva Patra Kwath Avagah sweda in the Management of Arsha in Garbhini w.r.t. Haemorrhoids.

2) Management of symptoms of Haemorrhoids 1) Per rectal bleeding 2) Piles mass in Garbhini patients

3) To find out simple, amble, safe and cost effective therapeutic regimes without any untoward side effect in pregnancy in the management of Arsha.

4) To review the literature about Bilva properties & Arsha Vyadhi in Garbhini.

BILVA TREE
BILVA:

Latin name: - Aegel marmelos corr.

Family: Rutaceae

English name: - Bael, Bengal quince, Golden apple, Wood apple, Stone apple

Sanskrit names: - Bilva, Shandilya, Shailush, Shreefal, Gandhgarbh, Kantaki, Sadafal, Mahakapittha, Malur, Granthil.

GANA: - Shothhar, Arshoghna, Aasthapanog, Anuvasanopag (Charak samhita)

Brihat panchamul, Varunadi gan, Ambshthadi gan.

Ayurvedic properties: -

- Guna: - Laghu, Ruksha.
- Ras: - Kashay, Tikta.
- Vipak: - Katu
- Virya: - Ushna

Doshghnata: - Kapha-Vataghna.

Property of Patra (leaves): - Locally Shothhar and Vednasthapan

Parts used: - roots, root bark, leaves, ripe and unripe fruits.


MATERIALS & METHODS

Detail Plan and Protocol -

Centre of Study - Department of Shalya Tantra, M.A.Podar Hospital Worli, Mumbai.

No. of Patients - 10

Selection of patients - Diagnosed patients of 1st and 2nd internal Haemorrhoids in pregnancy at O.P.D. and I.P.D. M.A.Podar Hospitals, Worali, Mumbai - 18

Consent – A well informed written consent has been taken before starting the treatment.

Drug – Bilva Patra Kwath

Kwath preparation: 1) Fresh crushed leaves of Bilva boiled in 8 times water up to ¼ of total water remains.

Avgah Swedan procedure: 1) Patient was asked to sit in tub filled with warm bilva kwath for 10 minutes.

2) Avgahan sweda given twice a day.

Diet – Pathyapathya advised as follows.


b) Apathya Ahara – Non-vegetarian food, Spicy Food, Alcohol, Tobacco and Unwholesome preserved canned food.

c) Apathy Vihar: - Straining during defeacation, utkatasan.

d) Duration of Treatment – Avgah sweda givan twice a day for 7 days

e) Follow up - Twice weekly for 1 month

f) CRITERIA FOR SELECTION OF PATIENTS
The patients of GARBHINI having classical signs and symptoms of 1st & 2nd Degree internal Haemorrhoids were selected.

**Inclusion criteria**-
- 1st & 2nd Degree Haemorrhoids.
- Patients of 1st & 2nd trimesters of pregnancy.
- Patients of age group 18 to 35 years old.

**Exclusion criteria**: -
- 3rd & 4th degree Haemorrhoids.
- Thrombosed Haemorrhoids, Haemorrhoids with ulcerative colitis, Fissure in Ano, Fistula in Ano, Rectal-Polyps, Solitary Rectal Ulcer and Prolapse of rectum.
- HIV, HBsAg Positive Patients.
- Threatened or any complicated pregnancy having risk to mother or foetus .
- Patients with Hepatic Disorders, Diabetes, Pulmonary & Intestinal Tuberculosis, Carcinomatous conditions of Anorectal region and Syphilis.

**INVESTIGATIONS**

Routine investigations before treatment -
- Blood:- CBC
  - ESR
  - BT
  - CT
- BSL  a) Fasting & b) Post prandial
- LFT
- RFT
- Urine a) Routine & b) Microscopic
- HBsAg
- HIV I and II
- Digital rectal examination
- Proctoscopy

**CRITERIA FOR ASSESSMENT**

The following pattern will be adopted for scoring.

1) **PR bleeding** –
- 0- No bleeding.
- 1- Mild bleeding with defecation.(up to 10 drops)
- 2- Moderate bleeding.(10 to 20 drops)
- 3- Profuse bleeding.(more than 20 drops)

2) **Size of Internal Haemorrhoid** – assessed by Inspection and Proctoscopy.
- 0 – Complete Reduction
- 1 – Size Reduction by 25 %.
- 2 – Size Reduction by 50 %.
- 3 – No Change in Size.

**Assessment of effect of therapy (result)**

- **Cured**: 76% to 100 % relief in signs and symptoms.
- **Markedly improved**: 51% to 75% relief in signs and symptoms.
- **Improved**: 26% to 50% relief in signs and symptoms.
- **Unchanged**: upto 25% relief in sign and symptoms.

**Observation and Results**
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<th>B</th>
<th>T</th>
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Data obtained from observation of 10 pts, unpaired ‘t’ test applied to data shows that, PR bleeding was relieved by 57.14% while 55.55% relief occurs in Size of Internal Haemorrhoid. This shows overall averagely 65.21% relief in all symptoms which is highly significant.

Discussion:

Bilva patra kwath avgah sweda has been explained by Acharya Charaka in Chikitsa sthana in Arsha Chikitsa adhyay. Present study was carried out on 10 patients. After clinical observation and statistical analysis, sign and symptoms before and after treatment were thoroughly observed. Bilva has Ushna Virya and Kashay-Tikta Ras due to which it is Vata-Kaphaghna. Hemostasis of P/R bleeding achieved by its Kashaya rasa and Tikta rasa relieves venous congestion. As it is having ushna guna & vata-kapha shamak property swelling reduces. BILVA Patra kwath contains B-phellandrine & tannin has proven Anti-inflammatory property relieves venous congestion as well as swelling of the pile mass.

Bilva Patra Avgah sweda is the procedure to sit in medicated warm water for a short period of time which promotes healing and ease discomfort by encouraging blood flow to the rectal area, relieves the congestion of pile mass and relaxes the anal sphincter muscle due to hot fomentation. It shows marked improvement in symptoms like PR bleeding along with significant decrease in the size of Haemorrhoids.

Conclusion:

The Bilva Patra Kwath Avgahan Swedan clinically proved as effective in treatment of 1st and 2nd degree internal Haemorrhoids in GARBHINI and gives significant relief from all symptoms, proving it as safe, cost effective, standard and easy accessible treatment of internal Haemorrhoids in pregnancy without any untoward effect to mother and foetus.

References

4. Ashtanga Hrudayam with Nirmala Comentary, Dr Bramhanand

Before treatment internal haemorrhoids at 3 and 7 o’clock position

After treatment internal haemorrhoids at 3 and 7 o’clock position